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Swine flu propaganda

Pharma profits from pandemic

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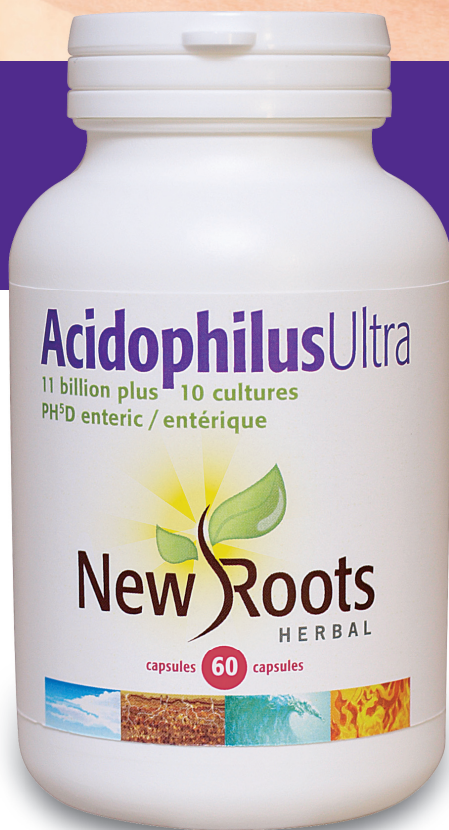
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Swine flu vaccine scam? Many stand to gain

WRITING ON THE WALL Sonya Weir

WE'VE BEEN told by the World Health Organization (WHO) that the swine flu is a pandemic and spreading rampantly, with two billion people expected to die globally in the next two years. But the numbers don't add up. According to the Centers for Disease Control and Prevention, the regular, garden-variety influenza claimed 24,000 lives during the last flu season. Yet, in what it is citing as a pandemic, WHO has attributed the swine flu with 700 to 800 deaths worldwide to date (as of *Common Ground's* press date July 29). Pandemic? It's difficult to understand the logic until one pays attention to the underlying motives.

Who stands to gain from the H1N1 virus? Well, some researchers are raising questions. Dr. Tom Jefferson in the UK claims that the search for a vaccine is driven by vested interests, including academics, governments, the WHO and drug companies, who all stand to gain. "By declaring pandemic, they've pushed the button on this juggernaut that they've created and, of course, antivirals are a part of that and vaccines are part of that and the whole panoply is part of that. Let's act with a little bit of caution and common sense and let's look at the evidence, the hard evidence," Jefferson says.

Even WHO's assistant director-general Keiji Fukuda

cautions against rushing vaccine production too soon. "There are certain things which cannot be compromised. And one of the things, which cannot be compromised, is the safety of vaccines. There can't be any questions whether the vaccine is safe or not," Fukuda explains.

Pharmaceutical companies in the business of making

Glaxo will be charging about \$6 per dose while it costs the company about \$1 per dose to produce the vaccine.

swine flu vaccines include Baxter International, Sanofi-Aventis SA, Novartis, and GlaxoSmithKline. Jefferson notes that Glaxo will be charging about \$6 per dose while it costs the company about \$1 per dose to produce the vaccine. That's a nice profit for the drug giant. When asked to comment about its profit margins, a Glaxo representative noted the company "did not recognize the figures."

Nothing drives Pharma better than profit. Leading UK virologist Professor John Oxford has *continued p.30...*

Dr. Richard Bartlett

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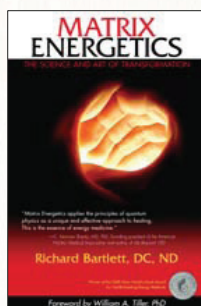
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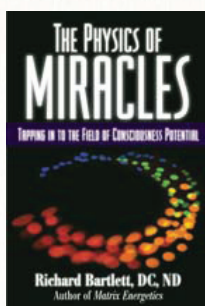
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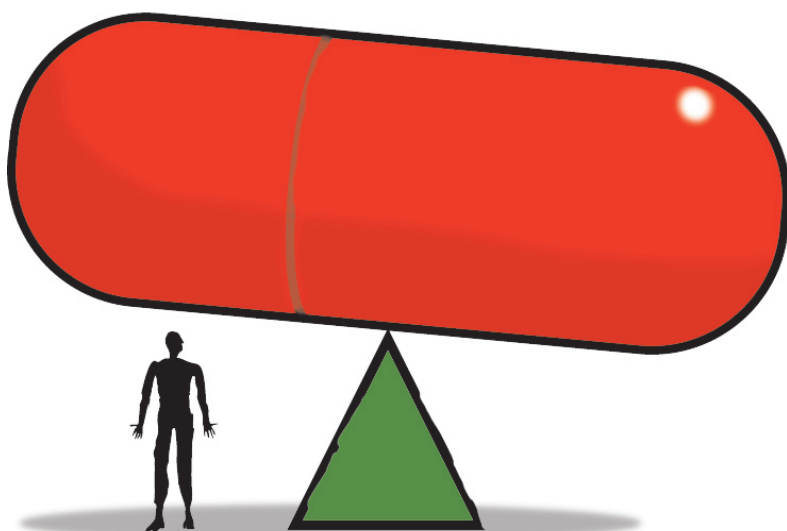
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Your medication balance sheet

understanding the plusses and minuses

Peter Sircom Bromley



HOW DO YOU calculate your net worth, the value of your company or your chequing account balance? You don't have to be an accountant to understand that these amounts are determined by looking at both columns in the ledger – your assets and liabilities and your credit and debit. In Double-Entry accounting, your assets are listed on one side; your liabilities or debts on the other. Subtract one from the other and you arrive at an idea of your net worth or the value of your company or the amount remaining in your chequing account. Simple, right?

In fact, this calculus can be helpful in determining the value of prescription drugs. For one thing, drug effects are largely described through numbers. Drugs are put through years of study, often involving thousands of patients and hundreds of staff carrying out detailed and meticulous note taking to gather data on the health effects – both positive and negative – of these treatments.

It is a truism in medicine that therapies designed to help you could also hurt you. A statin drug to lower your

cholesterol has the potential to lengthen your life or shorten it. You would only ever take this drug if you understood both sides of the ledger and if the likely benefit of swallowing the pill every day exceeded the harm, given your individual health circumstances.

Applying this accounting analogy to the world of prescription drugs can often reveal some shocking information. For starters, the so-called “benefit to harm ratio” is never clear-cut. Often, the numbers on the minus side of the balance sheet – in terms of numbers of people in a clinical trial who have suffered a “Severe Adverse Event” (such as being hospitalized, an extended hospital stay or dying) – are often hard to come by, misleading or simply absent.

In financial terms, how could you ever know the value of your company or the size of your chequing account unless you also identified your liabilities and the size of your debt? The further you dig into this, the more you find that what you believe about the value of your drug may be biased, incomplete or simply wrong.

The lack of harm data in published

DRUG BUST Alan Cassels

research is of growing interest to many researchers, including Dr. John Ioannidis, a Greek physician and researcher who has published extensively in this regard. One of his studies, published nearly 10 years ago in the *Journal of the American Medical Association*, examined the quality of safety data from large, randomized trials (the ones of the highest quality) and found that “generalizable data on drug safety reporting are sparse.” In other words, we’re not getting the full picture of the liabilities of many of the most widely studied drugs.

Looking at research across seven different medical areas, Ioannidis found that these minuses – the adverse events and toxicities from the drugs – were adequately defined in less than 40 percent of studies. When people drop out of a study because of the toxicity of the treatment, we want to know why they dropped out.

.....
Bad news is slowly starting to trickle in on the statins. A small study in June, reported in the *Canadian Medical Association Journal*, suggested that statins are potentially even more harmful than we expected.
.....

He found that “only 46 percent of trials stated the frequency of specific reasons for discontinuation of study treatment due to toxicity.” Let me put this another way: less than half the studies revealed the percentage of study participants who couldn't even handle the treatment long enough to remain in the study.

Another of Ioannidis' articles focusing on this issue was published in the

free, online medical journal *Public Library of Science* (www.plos.org/journals/). Entitled *Why Most Published Research Findings Are False*, the article described, mathematically, why much of what is published in the medical world is simply not ‘true’ in terms of a generally agreed upon definition of ‘true.’

One article about SSRI antidepressants – drugs like Paxil, Prozac or Zoloft – asks is this an “evidence myth constructed from a thousand randomized trials?” When you get huge numbers of trials and sift them by clever, selective reporting of results, you arrive at a pile of dung smelling like a rose garden. This method of reporting almost always makes drugs appear much more effective or safer than they actually are.

The balance sheet approach to calculating the net health effects of drugs has attracted the attention of some local

champions as well. A few years ago, I attended a presentation by Dr. Jim Wright at UBC, in which the major studies of statins (used to lower cholesterol) were discussed. The findings revealed that the trials did not adequately take into account the full range of “Serious Adverse Events” due to statins. Even though SAEs must be reported and documented in clinical trials, when Wright and his colleagues

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looked into it, most published trials of statins did not report the total number of people with at least one SAE. So even if the drug shows benefits for preventing heart attacks, for example, we don't know how many additional people would have been hospitalized or stayed in a hospital longer because of the drug.

To get the full picture of the net effects of statins, Wright and his colleagues have spent considerable energy writing to the authors of studies, politely asking them to provide their data – the complete set of SAE data from specific studies. Sometimes they were ignored and occasionally they received explanations or additional data. However, at no time did they ever get the specific SAE data they were requesting. My interpretation of this is simple: there are many weaselly ways to hide the minus side of the drug ledger.

So what to conclude about researchers running a drug trial who can't or won't give you the complete picture of serious adverse events? Do we assume they are dishonest and hiding the bad effects they find in the clinical studies? I think it is safest to assume no news *isn't* good news. If you aren't getting the full data on a drug's potential serious adverse events, it is because those data are likely not flattering. Without those data, it will be easier for the marketers to create a rosier picture of the net worth of the drug. To me, the "trust us, we're experts" response to queries about full safety data does not deliver warm fuzzy feelings of confidence.

And what can we say about the statins – drugs like Crestor, Lipitor or Zocor – that make up the most widely consumed class of prescription drugs on the planet? What do we really know about their net health benefits?

Dr. Wright's research, which is helping paint a clearer, overall picture of the value of statins, suggests that for about 80 percent of the people currently prescribed statins, the benefit of taking the

drug does not exceed the harm. For the other 20 percent, – men who have had a previous heart attack, for example – the benefit may outweigh the harm by only a marginal amount, probably helping only about one in 20 of these higher risk patients. And there is good evidence that women and the elderly do not receive any overall health effects from statins. In other words, the most widely sold drug class in the world has both good and bad effects and when you include both of those entries in the ledger, for most people, the net effect is next to zero.

The implications of this are huge. Through public drug plans, we spend hundreds of millions of dollars every year on this drug class. Our private insurers and our own bank accounts contribute hundreds of millions more to drugs that provide no overall net health benefits for the majority of people who take them. Patients who are actually harmed by the drug would naturally add billions more in costs to our health system.

Bad news is slowly starting to trickle in on the statins. A small study in June, reported in the *Canadian Medical Association Journal*, suggested that statins are potentially even more harmful than we expected. This study found that, in some patients, statins have a measurable toxic effect on muscles (muscle weakening, being one of the most common adverse effects related to statins). This effect is measured by performing muscle biopsies and evidence of muscle related damage was found in about 60 percent of the individuals taking statins who complain of sore muscles. More importantly, the study also found evidence of muscle damage in about five percent of patients who had no symptoms whatsoever.

Taking other drugs may also exacerbate the risks. As the authors note, the "risk of statin-associated myotoxic adverse effects is enhanced by concomi-

tant use of some medications." And, well, most people are taking other medications in addition to their statin.

If you have sore muscles and pain from your statin drug, you can just stop taking it, right? Well, one of the problems is that the muscle damage is not readily reversible and it can persist in patients who stop the drug for four months or even longer.

I find it especially troubling when I constantly hear the experts spouting the company line that statins are "safe," "well-tolerated" and "highly effective," given the incomplete reporting of safety data from clinical trials. We would never enter into a financial arrangement where the full transaction costs aren't made clear so why do we engage in transactions that involve taking prescription drugs without knowing what the downside – the costs, debits, losses – might be?

It doesn't have to be this way. Luckily, the Canadian government is embarking on a countrywide strategy to study drug safety and effectiveness. It's a strategy long in the making and it comes with huge expectations. It will also likely be years before anything fruitful comes of it.

In the meantime, you must ask yourself one simple question: "Do I know what is on both sides of the ledger before I enter into a drug transaction?" If not, ask more questions. And don't be satisfied with weaselly answers.

Alan Cassels is a drug policy researcher at the University of Victoria and author of The ABCs of Disease Mongering, an Epidemic in 26 Letters. He has never had his cholesterol level tested and knowing what he knows about statins, he never will.



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Prevent kidney stones

NUTRISPEAK Vesanto Melina MS, RD

ANYONE WHO has ever had a kidney stone would probably say it is the worst pain they have ever experienced so it's wise to prevent the formation of these little crystals.

A kidney stone is a hard mass with sharp corners that forms from substances in the urine, one of which is typically calcium. A stone may be as tiny as a grain of sand or as large as or even larger than a pearl. Kidney stones form when the components of urine – water and various minerals and acids – are out of balance. When this occurs, the urine may contain more crystal-forming substances than the available fluid can dilute.

Some kidney stones do pass out of the body with the urine, but when a stone does not pass on its own, it can be broken apart by shock waves (ESWL) or other medical intervention may be required.

One person in 10 is likely to develop a kidney stone; the most likely candidate is a white (Caucasian) male over 40 years of age, for whom there is a 50 percent chance of recurrence. Because kidney stones run in families, genetics may have something to do with it, however, eating patterns also run in families and, fortunately, we do have control over our dietary choices.

Those who have had stones (and managed to catch them on the way out) can find out the type of crystals that were in the stone through laboratory analysis. Of the possibilities, the majority are calcium oxalate stones. The next most common variety are calcium phosphate stones.

Preventing kidney stones:

1. Make it a habit to drink *lots* of water. Have water with meals. Carry a water bottle. Substitute water for coffee, alcoholic beverages and pop. Fruit juice, lemonade and vegetable juices such as carrot juice are also helpful. (Tomato juice is beneficial too although most brands contain high levels of salt.) Don't allow yourself to become dehydrated during a long hike or throughout a prolonged period of exercise and/or when you're sweating profusely. Water helps to flush away the substances that form stones in

the kidneys. To prevent the recurrence of stones, drinking 3 to 4 litres or quarts of water a day is recommended.

2. Recent research indicates that, for many people, a shift in the direction toward a more alkaline diet can be a key to prevention. This means eating more fruits and vegetables, which tip the pH of the urine in an alkaline direction and also provide potassium, and less animal protein (meat, fish, poultry and cheese, especially processed cheese), which tip the pH of the urine in an acidic direction.

3. Once the type of kidney stone has been identified, one's doctor or registered dietitian can provide information on preventing the recurrence of stones. Specific dietary recommendations depend on the makeup of the stone. This may involve reducing one's intake of salt, sodium, high oxalate foods (such as rhubarb, Swiss chard, spinach, beet greens, chocolate and berries) and sweetened pop. And while it can be important to consume enough calcium, avoid excessive amounts.

4. Excess body weight is linked with the risk of developing kidney stones. An explanation for this may be that those who are overweight or obese tend to have more acidic urine and also may consume greater quantities of the foods linked with acidic urine. Weight reduction and achieving one's optimal body weight can be helpful. It is also valuable to take health measures to reduce hypertension.

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Vesanto Melina is a registered dietitian and author of Becoming Vegetarian, Becoming Vegan, Raising Vegetarian Children and the Food Allergy Survival Guide. To book a personal consultation with Vesanto in Langley, call 604-882-6782. www.nutrispeak.com

Symptoms of kidney stones include:

- extreme pain in one's back or side (in the kidney area).
- blood in the urine (the crystal can scratch the lining of tubules in the kidney area).
- a burning feeling when urinating.
- fever, chills and vomiting.

Fortunately, the damage is not permanent, although that is of little consolation during the experience.



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Eating that heals

Raw, living foods promote health

Allart, radio host of "Dynamic Health" interviews Brian Clement, PhD

Brian Clement, PhD, is the author of Hippocrates Liferforce: Superior Health and Longevity. He has spent more than three decades studying nutrition and natural health care. Since 1980, he has been the director of the Hippocrates Health Institute, the preeminent leader in the field of natural and complementary health care and education since 1956. Deemed the world's number one teaching institute in the year 2000 by Spa Management Group, the centre was founded by visionary and humanitarian Ann Wigmore and is currently under the leadership of Drs. Brian and Anna Maria Clement.

Allart: I've been on the raw, vegan diet for long periods of time and sometimes I slip off, but I noticed about six months into the raw, vegan diet that I was waking up happy every day and I thought, "Well, the only thing that's really different is that I've been on a raw, vegan diet for six months." And it's not like I was unhappy before; it's just that I never woke up feeling that happy all the time and so I knew it had to do with the raw foods.

Brian Clement: It does and over the decades we've learned the chemistry of that. In raw, vegan, living food

– uncooked food – you have hormones from the plant and those hormones literally help to activate and increase endorphins, dopamines, and serotonin, which, in great part, are made in the stomach. They're all happy juices and they allow you to have more elation and less "glass half empty." And this is what we're all trying to do because happy people do nice things for themselves and everyone else.

A: How long have you been with Hippocrates Health Institute?

BC: I joined the staff in the early 1970s and as many of the listeners may or may not know, Hippocrates is the oldest natural health organization and institute in the world. It was begun by Ann Wigmore, a Lithuanian immigrant to North America, who was told by Harvard doctors in Boston she was going to die from colon cancer. That didn't sound very good to her when she was in her fifties so she healed herself of colon cancer and was energetic enough and conscious enough to say, "Look, I can't contain this. I've got to tell others not to always listen to what the boys and girls with the stethoscopes tell you, because I would have died in six months if I'd listened to them." So she founded the Institute in the early to mid-1950s. People have come from all over the world since then; many of them have had catastrophic diseases and healed themselves – by the tens of thousands – of cancer, diabetes, cardiovascular disease and multiple sclerosis, etc.

I've been very, very lucky since the early 1970s – and after coming back from Europe where I spent three and a half years teaching the program and opening and directing and running centres there for living food – to work with these people because it's not a job; it's just a mission. When you come in every day and you see people have healed themselves of these diseases, it saddens you to think the rest of the world is believing the fallacy that we call modern medicine today. And it's a good thing there are people like Ann Wigmore who had the courage to stand up and say, "No."

A: We're bombarded with so much brainwashing that it's difficult for people to cut through all the layers of brainwashing to get to that knowledge and to the practice.

BC: You're saying something extremely important. We in North America, and certainly in Europe, have been trained to be consumers. From the time

we're in the womb, they are enticing us. To give one small example of how pervasive and effective it is, we should understand that corporations control our governments now. All of the monies that elect our officials and the lobbyists in Winnipeg as well as in Washington as well as in London as well as everywhere in the world basically are corporate-sponsored and they guide which laws are going to be made. If we haven't learned globally that corporations have greed as first and foremost on their mind, we'll never learn it.

In this country, and I believe it happened in your country too, at about the end of the 1990s, they got rid of a long-standing law that said we could not advertise pharmaceutical medicines on television. They took that away in 1997 and since then they've been advertising. Let's give the best example of how well this has worked. In the first three years they started to advertise, for the first time in history, the sale of psychiatric medicines increased by 250 percent. And when you're sitting at home and not feeling good about yourself because you've just eaten fast foods and you don't have a good marriage and your child is doing drugs, this sexy voice comes on after you're exhausted and it's eight or nine at night, and asks, "Are you feeling this?" "Are you feeling this?" "Oh gee, that sounds just like me." Well, you better get whatever the name of the drug is. These people then march out to their doctor and basically tell the doctor what they want. And I've seen this.

In the 40 years I've done this work, I've seen it become a watershed of success for the pharmaceuticals and totally and absolutely destructive and pervasive in the general population. Canada and the US are the largest consumers of pharmaceutical medicine in the world. As an example, we take double per capita than the next nation, which is Germany. And why? Because Germany has the second largest pharmaceutical industry. And the third happens to be Switzerland/France, which happens to have the third largest pharmaceutical industry. Now isn't that interesting? And we're so greedy within these unbelievable corporations that they now convince us that our children have diseases that aren't even real, like Attention Deficit Disorder, which by the way, the remedy generally is Ritalin, or something like Ritalin, which is literally cocaine.

A: We've covered that kind of stuff on the *Dynamic Health* radio program. We've talked about the insanity of prescribing to two-year-olds and diagnosing them as bipolar. We've done shows on orthomolecular medicine. Dr. Abram Hoffer showed that he could cure schizophrenia and so-called bipolar disorders by elevating people's nutrient levels with vitamin B and C and things like this. Obviously, nutrients matter.

BC: We've been doing that here for 50 years. The sickest people in the world come here and the healthiest and



Brian Clement, PhD

smartest people in the world. We have people who are very smart who want to prevent premature aging and disease because they've seen their poor parents or friends suffer, and then we have people who have been chewed up, spit out and lied to by the pharmaceutical, medical industry and who have been told they're going to die. They have the courage and wisdom to come here. They heal. And it's really nutritionally based. Of course, we do many other very interesting things, but nutrition is the core.

A: How about telling us a few success stories.

BC: I came back from my ever-going lecture tours – this time in the northeastern part of the US. I was in Connecticut and in that conference two people stood up – one a former Federal Judge here in the US and he was told he had 18 months to live three years ago. He had stage four cancer and he stood up and that was the

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first I had seen him. He was told by Yale University – the very Institute that told him he was going to die – that he was totally free of cancer. So these are the kinds of things we expect and see consistently.

In the same room was a wonderful lady who came to us seven years ago after being told that she had stage four cancer and that she would live for no more than a year; it was in her liver and moving into her pancreas. I knew she

we're going to go to sleep.

I see major hope for this. I travel all over the world and it used to be dozens of people who were interested; now it's thousands.

A: Could you tell listeners that are new to this why a raw, vegan diet is superior to a cooked, vegan diet?

BC: I'll tell you an interesting story and I think everyone will be able to relate to this. Humans and the animals we control are the only creatures on Earth that

today. And then from the neck down, you have 10 trillion cells. That's an amazing fact, but more amazing is that those cells can consistently and constantly replace themselves. If we took your body and analyzed every cell here at the Institute and then put those cells back into you, seven years from today, not one cell would be there. And more interesting than that, if I took your heart out today and put it back in, not one cell would be here in 30 days because it's completely

is sort of the framework that holds the cell together. We need vitamins; vitamins are the covering of the cell. That's why in our cultures, when people get old, their skin gets really thin and when they touch the table or somebody touches them, they bleed and get bruised. That's because they've had long-term vitamin deficiencies. But if you have strong vitamin intake your whole life, it recovers and makes strong, healthy cells.

Of course, you need minerals and trace minerals; that's what allows the electrical currency to go through the body. The body is first and foremost electric. The Asians knew that. Two, three thousand years ago, they invented things like acupuncture and acupressure because they realized that you're foremost electric and even the most conservative medical doctor knows you're electric. Why I know that and why you should understand that is because they test you electrically. What is an MRI? What is a cat scan? What is an ultrasound? All of these show the electrical magnetic frequency of your organs – or not, meaning that they're not working the way they should. So here's what else we need. Modern medicine stops where I just stopped there.

What else you need are hormones and as I mentioned early on in the talk, hormones literally are something that you constantly must have because they're the chemistries of *continued p.34...*

In raw, vegan, living food – uncooked food – you have hormones from the plant and those hormones literally help to activate and increase endorphins, dopamines, and serotonin, which, in great part, are made in the stomach. They're all happy juices and they allow you to have more elation and less "glass half empty;"

had recovered but I hadn't seen her in all that time, and there she was, standing up, looking unbelievably good. She looked 20 years younger than anyone else in the room her age and smiling and glowing. Now, this is reality and, sadly, what has been imposed upon us is fear; it's gorilla marketing. That fear cripples us and takes away our power, strength, well-being and spiritual awareness. And we've got to awaken people, because if we don't awaken,

do not eat a 100 percent raw food diet. What we have to know is that the human body is biochemistry. I know we think we're cute and we have names like John and Mary and we get dressed up and all of that business, but, really, it's just a gathering of chemistry and you have 95 trillion cells in the body. Eighty-five trillion of those cells are in the human brain because the brain never shuts off and it works in multitudes of ways that even the smartest people aren't even aware of

changed and renewed in 30 days. The human lung, 70 days. Parts of the brain, which I was taught at university in the dark ages never regenerate, regenerate in two and a half days. Stomach lining, five days. Now with all of that said, when I look at your body, what I'm seeing is the largest organ – the skin, and that skin is no more than red blood cells.

We have to feed those cells – that chemistry – particular elements. Of course, it needs protein because protein

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Unsure fit

THIRTY SOMETHING Ishi Dinim

CULTURE

I FEEL GENUINELY blessed to be surrounded by friends and family who are concerned with the environment, politics and culture. I'm often impressed with the level of contemplation in our

Obviously, there are very different kinds of people with all sorts of drives and understandings that inform their choices in life. I find it hard not to judge when I see such brazen disconnections

and the effect they have on the world around them (the same one the we *all* inhabit).

Last week, we went to a beautiful wedding on Vancouver Island. At the ferry terminal, I saw this guy walking past me and I couldn't help but stare aghast. He had on a grey camouflaged shirt that read, "Are you always an IDIOT or just around me?" It made me feel full of wonder and confused about the motivation to put on such a thing, but as I walked back to our parked car to grab a cloth diaper, I noticed the car behind ours, idling. Confusion turned to anger – initially – at the couple sitting in their car, hurting our planet so they could sit comfortably. Then I began to speculate what was going on for them. They both looked very bored sitting in their car and not talking, with dour looks on their faces, just staring forward. Maybe there had been a tragedy in the family. Maybe they didn't love each other anymore. Maybe it was some form of meditation. In the end, I was dumbfounded. I never did figure it out.

Having a discriminating mind regarding all aspects of one's life is a good thing,

I believe. However, being judgmental can be a double-edged sword. As critical as I can be about my external world, I can be just as harsh to myself. It's hard for me to tell if I'm overanalyzing something or sometimes having insight.

It's obvious that everyone has ideas and thoughts; I'm just surprised at how our thinking might lead us to take such drastically different paths. I'm far from perfect in my everyday decisions. Really, no one is perfect. That being said, I encourage people to make choices that benefit their collective communities and to act considerately to *others'* communities too. People are strange when you're a stranger.

Quote:

Respect! – Ali G

Ishi graduated from Emily Carr Institute of Art and Design in 2001, with a BFA major in photography. He makes films, collects cacti and ponders many things. Currently, he is doing what he can for himself and the planet. contactishi@yahoo.ca.

Having a discriminating mind regarding all aspects of one's life is a good thing, I believe. However, being judgmental can be a double-edged sword. As critical as I can be about my external world, I can be just as harsh to myself.

discourse and the thoughtful nature with which we approach the world.

But I'm not quite clear if my perception about the greater population I live in is skewed or accurate; isn't everyone like the people I know? Sometimes, I experience things that sober me: a surgically-sculpted woman in a Hummer; teenagers on the basketball court joking about sexual aggression; a couple 'walking' their dog in a stroller; a parent feeding their baby Fanta and chain-smoking around her.

between their choices and their impact. I know people do things to garner attention, respect, admiration, love, or whatever they're looking for.

"These sunglasses make me look cool. My dye job makes me look younger. This SUV gets people to look at me. If I look disinterested, people won't hit on me." Maybe these examples are too narrow, but I really believe that people don't investigate fully the significance of the focuses in which they invest themselves



CRTC hearing all a Twitter

INDEPENDENT MEDIA Steve Anderson

AT THE recent *CRTC hearing on traffic management (AKA Internet freedom), there was something different in the air. The room still screamed of bureaucracy: decorative flags at the front of the room, the plain suits, the 'stakeholders' and the stenographers. But this time around there was buzz in the room and that buzz was literally the Twitter of public discussion that had forced its way into the hearing.

The CRTC's traffic management hearing attracted more than 11,000 comments, which, in itself, is relatively unheard of. While I stressed this point in my own presentation before the commission, the public's comments played only a small part in a larger constellation of citizen engagement that appears to be collectively opening up the CRTC's processes.

Storming the gates

In addition to the well-organized presentations made on behalf of their fellow citizens, Canadians made it very

clear they were not about to sit by and allow the discussion to proceed with only the participation of the people in the room. Typically, citizen groups make their presentations, send out a press release and hope that the media relay the

groups such as Canadian Internet Policy and Public Interest Clinic (CIPPIC) live-Tweeted and blogged the hearing, while citizens from across the country tuned in to discuss and debate the hearing.

The presence of the online participants

The presence of the online participants was felt so strongly in the room that representatives from Telus began their presentation by giving a shout out to everyone on Twitter.

public-interest perspective to the public. In the best-case scenario, citizens are brought into a kind of representative-based discussion rather than into direct democracy.

Contrary to the structure of past hearings, in this case, the public engaged directly and left the media to either pick up on the conversation or not. Consumer advocates like Michael Geist and citizen

was felt so strongly in the room that representatives from Telus began their presentation by giving a shout out to everyone on Twitter. Later in the hearing, Michael Geist invited citizens to post questions they thought the commission should ask Bell Canada. It appeared that at least one of the commissioners was following the conversation online and utilized citizen input when dealing with Bell.

The division between government and the people is breaking down. There is a movement toward openness taking shape in Canada where people are re-imagining government and citizenship, with a renewed relationship between the two. A new relationship where government decision making, as public policy consultant David Eaves puts it, is as "flat and transparent as possible that both nourishes and draws from its most valuable resource: its citizens."

This is only the beginning

With regard to the CRTC hearing, what does all of it amount to? In the usual tokenistic fashion, the public was invited into the hearing, but this time citizens took it upon themselves to take the hearing out to the public.

People are no longer satisfied with 'public consultations' that are not truly engaging. Canadians have an appetite for more – for government institutions and their processes to be *continued pg. 34...*

Welcome to Village Vancouver

**Talk to your neighbour.
See what happens...**

by Kathie Wallace and Ross Moster

WE WANT to spread the good news of neighbourhood-based individual action. What have you created this summer and what do you dream of doing next year? What do you like the most about living in your neighbourhood? What essential components make your community the place you love to live in? Please blog us at www.villagevancouver.ca

In my village

The Laura Jamieson Housing Co-op (LJHC) is a dynamic and engaged community and a real example of how a village can thrive within a city. Members collectively own and democratically operate the LJHC. Participation is important and everyone has an opportunity to contribute in his/her own unique way. All members have an equal say in the operation and management of the co-op, including issues such as maintenance, grounds-keeping, finances and sustainability.

We are a diverse community, which brings a broad range of perspectives and encourages a culture of inclusivity and respect. As people do in a small village, we help each other in times of need. When an elderly couple moved into a smaller suite, more than 12 members showed up to help them with their move. Co-op members use common spaces for informal gatherings and socializing; events such as potlucks, kids' parties, Spring Fling work parties and exchanges of goods and resources strengthen our social fabric. We also host a summer block party to celebrate our community and to connect with outside neighbours. Everyone contributes to the community, which makes our village a great place to live.

— Jamie Cowan and Lena Soots, *Grandview*

In the garden

The Two Block Diet turns our own neighbourhood into the place where we grow our own food. It started as a conversation between two neighbours about supporting each other to grow more food. From there, the initiative blossomed into a core of 10 households, along with a healthy following of interested sideliners. Our core organizing strategy consists of regular, voluntary work parties. Each week, we visit a neighbour's gar-



Entrance courtyard of the Laura Jamieson Housing Co-op

den and tackle a project. We all greatly value the shared experience of giving where "many hands make light work" and equally as importantly, we all take a turn on the receiving end. Together, we have built a greenhouse, raised an army of tomato plants from seed, built an herb wall, cleared an astounding pile of tree branches, added a hive of Italian bees and applied for a grant for a cooperative composting bin. These are only some of the countless benefits of working with, and getting to know, the people who share our street. See twoblockdiet.blogspot.com

— Julia Hilton and Kate Sutherland, *Little Mountain*

Salons: community conversations

At a salon, people gather to talk about interesting subjects. Whoever shows up, it is a space where all opinions are heard and everyone is listened to. Salons are easy to start and the open interaction can lead to community action. They are also a great way to make new friends and be entertained without spending a lot of money or using fossil fuels.

Salon d'Elan Vital (life force) is a local community-building salon in Kitsilano. Now in its third year, it is dedicated to good food and thoughtful conversation. Previous topics have focused on arts and culture, the health and well-being of individuals and the community, and social and environmental justice. Sd'EV has evolved to include potlucks, film nights and drop-in spaghetti nights and it has inspired others to create their own spaces for salons. The media artists' nonprofit group (IMAPON) and Village Vancouver evolved, in part, out of Sd'EV.

Recent salons on "The future ain't what it used to be: Envisioning sustainable scenarios in Vancouver and beyond" resulted in a group of people (many of whom didn't know each other previously) presenting a proposal on urban farming that was passed unanimously by the North Vancouver city council. Contact us for help with starting a salon in your neighbourhood.

At Village Vancouver, we look forward to hearing your stories of what's growing in your neighbourhood. Blog us at www.villagevancouver.ca



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The Collective Unconscious 2.0

The mythic imagination's new operating system

by Geoff Olson

A FRIEND recently told me how she loved singing songs as a child at summer camp. “Most of them were goofy but they were part of the camp experience,” she added. When she returned as a director in 1987, my friend discovered most of the old tunes had disappeared from her childhood haunt. The only song the kids could sing was the theme from *The Brady Bunch*. The camp closed a few years later.

A similar tale of cultural memory gone missing was recounted in 2004 in the *Globe and Mail*: a teacher conducting a session on media literacy at an upscale school in Toronto had her young students form groups and write a list of advertising jingles they were familiar with. “A jingle train is started, with groups each singing a jingle as it snakes its way around the classroom,” wrote reporter Hal Niedzviecki, who was “struck by the incredible number of jingles these theoretically more refined girls have lodged in their minds.”

Children still occasionally sing nursery songs like *Ring Around the Rosie* and *London Bridge Is Falling Down*, but isn't a theme song from a seventies sitcom like *The Brady Bunch* more in keeping with the times than tunes dating back to the Black Death and a Viking attack on England in the 11th century? Does it really matter what kids sing, as long as they're singing? And isn't all this just part of a culture moving on, which it always has, evolving new ways of doing and being over time?

Perhaps. But in a time in which celebrity is another word for identity, and the camera's eye is like a mother's gaze, the young have entered into a strange, new *Through-the Looking-Glass* relationship with their media-mediated world. Their deepest desires and fears, co-opted by the world of public relations and advertising, are offered back to them with price tags attached.

“The irony is that while the quantity of information doubles every few months, people generally seem to be less informed and increasingly apathetic and disenchanted,” writes Vancouver-based educator Brent Cameron in his 2006 book *SelfDesign: Nurturing Genius Through Natural Learning*.

“Never before have we had such amazing ways of delivering information through television, books, photographs, graphics, computers, video, multimedia, and the internet. Yet so many children are bored and have become less and less motivated to learn about and understand the world around them,” Cameron states in his book.

Although Carl Gustav Jung did not live long enough to witness the late 20th century assault on the physical and mental environment, the Swiss psychologist can offer some help in understanding what's happening today. In Jung's system, the deepest layer of the psyche is what he called the “collective unconscious.” While Freud viewed the sub-conscious as the part of the mind



Peter Sircorn Bromley

where unacceptable sexual impulses are pushed down, Jung saw the unconscious as the part of the mind from which ancient images push up.

In various, traditional myths from around the world, we find common archetypes, such as the hero, the universal mother and the trickster. Jung believed the recurring themes in these myths weren't solely due to the cultural diffusion of invasion, trade or travel. The archetypes of the collective unconscious are dreamlike, symbolic figures representing universal human experience. They are expressive of the energies of the mind-body complex at their deepest levels.

But what if the mental environment of media – the ads, television shows and movies, the chat lines and the twittering – penetrates into the aquifer of self, our deepest levels of being? Is it possible that today the deeper levels of our psyches are informed – or deformed – by this onslaught of information? Are we displacing the individual dream world with the dream world of media?

I define this mass dream as the ‘Collective Unconscious 2.0’, a collective enterprise of advertisers, marketers, public relations experts, scriptwriters, bloggers, computer programmers, news editors, publishers and all the immense creative talent from Hollywood and beyond. This world of immersive fantasy and rubbery fact contains both darkness and light, beauty and ugliness, and every imaginable simulated shade of human experience. And it is an entirely novel phenomenon in human history.

Jung's collective unconscious is the dreamtime of *Homo sapiens*. ‘Collective Unconscious 2.0’ is the dreamtime of late-era hypercapitalism. The energies that inform Jung's collective unconscious are for the most part biological: instinctual drives of fear, hunger and sex (along with the drive for psychic wholeness). The energies that inform the ‘Collective Unconscious 2.0’ are more abstract, related to the movement of electronic capital and the maximization of profit to shareholders.

In his 1999 book *Life the Movie: How Entertainment Conquered Reality*, New Yorker contributor Neal Gabler described a bizarre feedback loop between mainstream films and the culture they draw upon. The author insisted that the domination of entertainment in American culture is so total citizens have internalized the narratives of films and television into their sense of identity.

“Over the years our movie going and television watching has been impregnating the American consciousness with the contentions and esthetics of entertainment, until we have become performers ourselves, performing our own lives out of the shards of movies. One might even think of American life, including quotidian American life, as a vast production in which virtually every object is a prop,

every space is a set, every person is an actor and every experience is a scene in a continuing narrative.”

Gabler wrote this prescient passage years before *American Idol* and the instant celebrity of reality television. He also completed *Life the Movie* shortly before the tragedy at Columbine High School in the US, an event that turned out to be the first massacre of the digital age. (During the shooting, several students in hiding communicated with the outside world by cell phones, but quickly realized the killers themselves might be watching the school monitors and could discover their hiding places.)

After the tragedy, the surviving students grieved for days – not privately with their friends, but in front of the school, with the television cameras present. The Columbine kids acted out in a festival of telegenic grief, Gabler wrote later. When the gaze of the all-seeing, identity-creating eye fell on them, they cried as if on cue.

Some educators and psychologists fear that North American adults and youth are incrementally losing their ability to interact in a meaningful, deep way with others. “Interiority,” which theologian Paul Tillich described as imaginative capacity that allows us to read ourselves into others, grows from face-to-face, real-world encounters. For the young, interiority isn't something that comes automatically through a cursor, keyboard or remote.

In his *Atlantic Monthly* essay *The Numbing of the American Mind*, Thomas de Zengotita explains that we are being rewired in subtle yet deep ways by the constant barrage of media from all sources. This is why a couple of weeks out in nature doesn't cut it anymore for some adults, he says. “You will virtualize everything you encounter anyway, all by yourself.” Having been raised on a steady diet of nature shows, “you won't see wolves, you'll see *wolves*. You'll be murmuring to yourself, at some level, ‘Wow, look, a real wolf, not in a cage, not on TV, I can't believe it.’”

“Natural things have become their own icons,” de Zengotita writes.

The author believes this process results in a kind of numbing. Using the new Times Square in New York as an example, de Zengotita observes that the entire space is “firing message modules, straight for your gonads, your taste buds, your vanities, your fears.”

“These modules seek to penetrate, but in a passing way. A second of your attention is all they ask. Nothing is firing that rends or cuts. It’s a massage, really, if you just go with it. And why not? Some of the most talented people on the planet have devoted their lives to creating this psychic sauna, just for you.” Ersatz environments and colourful advertisements have been with us since the fifties, de Zengotita adds, but the multimedia blitz we experience now represents a whole new level of persuasion. “Saying that it’s just more of what we had before is like saying a hurricane is just more breeze.”

It’s arguable that, in earlier generations, people related to one another more spontaneously and with greater affect – and still do, in places around the world that aren’t bombarded with 24-hour media penetration. Thousands of years ago, there was only one channel – the nature channel – and the source for high-bandwidth, real-time infotainment was other people. We were our own programming, and our world of rocks, trees, seas and other creatures provided the narrative bricks for the dreaming mind. In the daylight hours, after the chores were done, our ancestors couldn’t sit back and absorb their entertainment passively. Song, story and dance engaged the body and mind and belonged to no one but the community of participants. Interactivity wasn’t optional; it was mandatory.

Thousands of years ago, human sleep cycles were circumscribed by the rising and setting of the sun. Today, many adults and even children watch late-night television or surf the web alone, during hours when their ancestors would have been in the early stages of REM sleep. Mood-altering drugs like SSRI antidepressants also result in a reduction in the overall amount of REM sleep over the night and the delay of the first entry into REM sleep. Electronic media and mood-altering drugs are, in effect, part of a vast, uncontrolled experiment on the human psyche. We are no longer dreaming our own dreams as much as those of corporate monopolies.

Today’s mass dream, split from the organic foundation of the world and cobbled together from shards of television shows, newspaper and magazine articles, advertisements, films, ad jingles, ringtones – the whole mad fantasy of what’s hip, what’s not, who’s in, who’s out and the international villain *du jour* – is the raw stuff of the ‘Collective Unconscious 2.0’.

One of Marshall McLuhan’s most important insights is that the electronic media space we inhabit is now like the air around us in its intimacy. It’s a thin atmosphere, depending on simulations of the real and simulations of those simulations – as in the superhero cartoon that becomes a film franchise that becomes a video game. This infinite regress results in a strange feeling of disconnection and unreality for the citizen/consumer. De Zengotita’s wolf – that can no longer be seen with pristine eyes – is one example.

It all makes for a strange hall of mirrors, in which politics, celebrities and the news collapse into what De Zengotita calls ‘The Blob,’ hearkening back to the fifties sci-fi film of the same name, about a gooey, amoeboid monster that absorbs everything in its path. For his part, the French poststructuralist philosopher Jean Baudrillard called this simulated cultural space “hyperreality,” which he defined as a peculiarly American invention.

I never totally understood hyperreality until shortly after the end of the first Gulf War. I was in a hotel room in Seattle, watching Henry Kissinger doing the weather

on *Good Morning America* – something, he informed the hosts, “he had always wanted to do” – when I switched over to another channel and saw General Norman Schwarzkopf marching in a victory parade with Mickey Mouse. I recall the four-star general and Disney rat singing together in a downfall of confetti.

A former Nixon advisor and accused war criminal pretending he’s a weather man. A real general celebrating a made-for-TV war with a fake mouse. Both within a few seconds of each other, courtesy a TV remote. Whether you call this sort of thing an example of hyperreality, ‘The Blob,’ or the CU 2.0, there’s no denying it’s as disconnected and random as a schizophrenic’s journal entry. It’s the way we live now.

My experience in that Seattle hotel room took place six years before the epochal police pursuit of OJ Simpson in a white Ford Bronco, the pivotal moment when the line between news and entertainment collapsed entirely. Half a decade later when Yale’s most famous C-minus student entered the White House, hyperreality was no longer the obscure domain of goateed professors and their grad students. Although most of us didn’t know it by name, we were becoming used to the manufacture of the intensely strange into the nauseatingly familiar.

By early July of this year, hardly anyone blinked when the media turned the funeral of a surgically altered singer and accused pedophile into a high-production festival in Los Angeles: “a variety show with a coffin”

knowledgeable ugliness of crony capitalism vomits from the media spillways. You can even hear it in the breathless excitement of embedded journalists describing the latest attack of a predator drone on “terrorists” who are as gunsight-ghostly as the avatars in a videogame. This is the shadow side of the ‘Collective Unconscious 2.0.’

Mainstream media culture currently has all the signs of full-blown psychosis. This is analogous to Jung’s shadow. Confronting the shadow is unpleasant on a personal level, but healing cannot be effected without being confronted with the truth – and as folk wisdom has it, the truth hurts. What is positive about this process is that we’re being forced to confront the very worst in the imaginal output of our great, untethered, free market economy.

But we must not forget that the Internet is also part of the ‘CU 2.0.’ And as the mainstream media becomes increasingly removed from reality, the Internet has picked up the task of observing what Freud called the “reality principle,” or if you prefer, a “reality check,” even while offering endless distractions of its own. (Novelist George Orwell feared the truth would be concealed from us while novelist Aldous Huxley feared the truth would be drowned in a sea of irrelevance.)

“Imagination is more powerful than knowledge,” Einstein once said. Any idea and image expressed in the ‘CU 2.0’ began somewhere in some individual mind. Its success in being turned into a news broadcast, jingle,

What if the mental environment of media – the ads, television shows and movies, the chat lines and the twittering – penetrates into the aquifer of self, our deepest levels of being? Is it possible that today the deeper levels of our psyches are informed – or deformed – by this onslaught of information?

as writer Chris Hedges called it. As Gabler wrote in *Life the Movie*, mass entertainment has become a “cultural Ebola virus, invading organisms no one would ever have imagined could provide amusement” – including courtroom trials, resource wars and public funerals.

“You won’t believe how bad television is going to be in 10 years,” writer Robert Bly noted in a prophetic interview in 2004. “You’re literally going to have to protect your children from it.” Arguably, Bly’s estimated time of arrival was a bit conservative.

You can hardly watch the downward trajectory of the mass media’s offerings without thinking that some vast spiritual problem is being worked out. As the quality of Hollywood films declines further into gross-out comedies, sequels and superhero spin-offs, and the prime-time offerings on network television plumb ever deeper levels of the abyss, with celebrity piffle dominating the cable news channels, one thinks of Jung’s concept of the “shadow.” He defined this as all of the darker feelings and impulses we repress in order to be able to believe the best of ourselves. Jung held that whatever negative, psychic issues were being suppressed, they needed to be brought to consciousness and faced before an individual could become psychically whole.

Films like *Training Day*, *Hostel* and the *Saw* franchise aren’t just violent; they positively revel in a pornography of psychic and bodily destruction. There is a winding, psychic thread from these productions and television shows like *24* (with a plot that hinged on the utility of torturing terrorists) to Abu Ghraib, Guantanamo Bay and the “black sites” spread across the world. As the Empire expands, demanding that nations accept freedom at the barrel of a gun, we watch as all the unac-

billboard, video game, film, television show or movie depended largely on market forces – but with the advent of the Internet, things go “viral” very quickly now and the mass manufacture of consent is becoming harder to achieve. There is ugliness in the mass dream we’ve weaved, but also beauty, and every possible representation of human good and evil, truth and falsehood, creativity and amateurism. Right now, the ugliness appears to be ascendant, but this may be necessary to purge western civilization of its lies.

Even in the mainstream media’s most successful offerings, we can occasionally see portents of hope. The first *Matrix* film and even the film versions of Harry Potter communicate an essential message: that the world is a more magical place than its humdrum surface suggests, and it can be shaped by our intents. The final guarantor that something is impossible is the belief that it is so.

We are, ultimately, the stories we tell each other of our past, present and future. We become what we seek. It’s up to us to rule the imagination or leave it in the hands of a select few to shape the future of the mass dream. As Buckminster Fuller once said, “You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.”

As the terrible images and sounds pour from the ‘Collective Unconscious 2.0,’ let’s pray we’ll be able to tell more stories we want to hear, create more pictures we want to see, and sing more songs we want to sing – the work that resonates with our deeper, truer selves.

www.geoffolson.com

Healing your toxic Emotions

by Deepak Chopra



responsibility for it. You can't blame your feelings on anyone else; they are all yours. If you become enraged with bad drivers, the cause isn't with them but with you. The external stress is far less important than how you deal with it and people who look to themselves as the source of their own feelings have made the all-important step toward healing. Instead of saying to someone, "You made me angry (or jealous or afraid or resentful)", change your reaction to "This situation is causing me feelings of anger." It's not just a formula – it's the truth.

2. Focus on the sensation of the emotion, not its content. All

emotions have physical results; that is why they can make us ill. But we all tend to focus instead on the who, why, what, when and where of a feeling. This is called rationalization. Fortunately, the mind can't pay attention to two things at once. If you stop thinking about who stressed you out and why, but instead put your attention on your body, feeling where the discomfort lies, you break the cycle of obsessive thinking that makes a toxic emotion keep on going, long after it should. You don't need to figure out your emotions so much as dissipate their harmful energy.

3. Label your emotion on two levels. The first level is obvious: we all know when we are angry or unhappy. But anger is the easiest emotion and unhappiness doesn't end just by letting it run its course. At a deeper level, there is always a second emotion. If you are habitually caught in a situation that makes you feel stressed, ask what lies behind the mask of your first emotion. Are you feeling unheard? Is your anger a cover-up for insecurity? Are you secretly afraid? Until you get to the second level, you aren't dealing with the toxic part. In my experience with hundreds of patients, if they trace their feelings somewhere in the body, inevitably the second level of

emotion lies in the heart or the stomach. This is where the emotional glue causes negativity to stick to you. Just as inevitably, the second-level emotions are recurrent – people have been carrying around resentment or anxiety for many years; it is their own personal drama. When you see that your patterns have been with you for a long time, it is easier to see that they belong to you, not those whom you blame.

4. Express all your emotions, without exception, but do it through a healthy outlet. Emotions want to move; their natural flow is halted by denial, repression and 'holding it in.' Keeping a journal of feelings every day has proved extremely helpful for many people, since no one lives in an environment where all emotions can be expressed outwardly. In any

out those intentions. The important thing is to discover your own process or ritual for releasing an emotion. Choices might include vigorous exercise, praying, getting a massage, laughing, deep breathing – the range of possibilities is very wide.

6. Share your process with a loved one. This is the crucial step that makes all emotions positive. As soon as you find the lesson that your negativity wants to teach you, it becomes positive. Perhaps you feel deep down that anger is always wrong or that guilt must not be faced. It is your belief system that makes these emotions 'bad' and therefore toxic. Every emotion you deal with makes you a healer. Share that with your spouse or closest friend. Let them into your process and you will find that nega-

Express all your emotions, without exception, but do it through a healthy outlet. Emotions want to move; their natural flow is halted by denial, repression and 'holding it in.' Keeping a journal of feelings every day has proved extremely helpful for many people.

event, don't aim your emotion at anyone. If you feel terribly hurt or mistreated by someone else, write down every detail of that feeling in a long letter. Don't leave out any scrap of resentment, hatred, jealousy or hurt. Edit the letter tomorrow to make sure it is complete then throw it away. You need to express your emotions to yourself first of all, not to others.

5. Release your emotions in a significant way. In other words, don't just pass them off. Your body wants to know that you are aware of your feelings. Talk to it; say that you are going to deal with a sudden outburst of negativity, even if you have to postpone your reaction until later. And keep your promise. If you need a walk outside, time alone or a few moments to vent in private, carry

tivity begins to lose its grip much more quickly.

7. Celebrate yourself. When you take one step toward healing a toxic emotion, you have made a step toward personal freedom. Instead of your emotions using you, you are learning to use them. That is cause for celebration and you shouldn't skip the moment of victory. Nature abhors a vacuum. When you let go of negativity, fill the space by congratulating yourself and allowing healthy pride, satisfaction and self-esteem to fill in the gap. You have restored the mind-body connection; now, let the good things flow across it. This is just as important as getting rid of the bad things. When you can see your emotions as the best part of yourself, you have become a true self-healer.

EMOTIONS ARE mysterious and often dangerous things. Thirty years ago, mind-body medicine made the connection between emotions and illness. The so-called cancer personality had its vogue, preceded by the Type A personality linked to early heart attacks. Despite advances in drugs for depression and anxiety, toxic emotions are taking the same heavy toll as ever, playing their secret part in causing all manner of illness.

The most toxic emotions are hostility, anxiety, stored-up resentment, guilt, hopelessness, and depression. What makes them toxic is that they disrupt the immune system and drastically alter hormone levels. Researchers long ago proved that lab rats raised under conditions of high stress are much more prone to sickness and early death. But human beings have much more control over the toxic effects of their feelings.

The cycle of all emotions always goes back to the mind-body connection. Some people make it; others refuse to. I've found that there are definite steps anyone can take to heal this connection, and when that happens, the flow of emotions – good and bad – is restored to its healthy state.

1. Own your emotion and take



How evolved are we?

UNIVERSE WITHIN Gwen Randall-Young

Evolution is individual; devolution is collective. – Martin H. Fischer

WHEN IT comes to finding new ways to build things, improving when something is broken or navigating around obstacles, humans may be inherent problem solvers. We are not so good at solving problems between ourselves, however. Humans can be judgmental, critical, aggressive and adversarial. It would be interesting to see

rassed by the childish behaviour of government officials. We may be annoyed when someone says something hurtful to our child. Yet there may be times when we act in very much the same manner.

What is going on here? While most of us have the wisdom to recognize decency and integrity, ego is easily triggered and doesn't care about those qualities. Ego is out to protect and defend itself, often regardless of the cost. Ego sees the world in terms of right or wrong and good or

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It would be interesting to see how much of our daily conversation centres on being annoyed with people or gossiping about them.
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how much of our daily conversation centres on being annoyed with people or gossiping about them.

In the past, being aggressive or adversarial probably helped primitive man to survive. If someone threatened to take away a man's hunting catch or his woman, for instance, it was probably best to dispense with him, or, at least, put up a good fight to protect what was yours. There was no small claims court then!

Whereas, the biological impetus towards aggression once served humans in frequent fight or flight, life or death situations, we rarely encounter such dramatic conditions now. Yet the aggressive/adversarial impulse is still strong. We take adversarial stances in relation to sports (often extending way beyond healthy competition), eating (vegetarians and meat eaters judge each other), gay rights, stay-at-home vs. working mothers, religion and politics.

This kind of human behaviour is so ubiquitous that it is rarely questioned. Parents do it so their children do it too. Politicians do it so if that is how the country is run maybe that is just how it is. But does it have to be?

Much of our world still seems to run on the principle of "survival of the fittest," a term coined in the 1860s. But in the 1970s, Jonas Salk talked about "survival of the wisest." He held that wisdom, not power and force, was what we needed to evolve as a species. He wrote about this almost 40 years ago, but things have not changed all that much. True, it is no longer okay to hit your spouse or your children, but much of human interaction is still pretty primitive at times.

It is not that we do not know better. We may be appalled and even embar-

bad and believes it is on the side of good and right, which automatically makes the other bad and wrong.

We all have aspects of ego as well as a higher self. However, higher self/wisdom characteristics are still often seen as the territory of Mother Teresa and Gandhi types and not related to the common man. Herein lies the problem. If we see that kind of goodness as special and unique, how can we expect to manifest it?

If a six-month-old throws food on the floor, we do not get too upset. If a five-year-old does the same thing, we see his behaviour as completely unacceptable. Once you know something is inappropriate, you are expected to act accordingly.

Adults, it seems, hold themselves to a different standard. They may dress in suits and hold important positions, but at times still conduct themselves like unruly kids in the playground. And they may be well educated and good at their jobs, but still gossip like grade-six girls.

It is true that evolution takes time. It is not easy to change the world. What we can do is make changes in our world. Humans learn by watching others. As more individuals choose to claim the wisdom that exists in their higher selves and behave in more evolved ways, the more others might begin to feel uncomfortable with their own more primitive behaviour.

Gwen Randall-Young is a psychotherapist and author of Growing Into Soul: The Next Step in Human Evolution. For more articles, information about her books and personal growth/hypnosis CDs, visit www.gwen.ca

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Caught hook, line and sinker

FILMS WORTH WATCHING Robert Alstead

FILM

OUT ON August 14, *Adam* is a romcom with a twist. It's a tale of a beautiful girl meets boy with Asperger's syndrome, which is a mild form of autism. Adam (British actor Hugh Dancy) has the ability to encyclopaedically recall facts and numbers – particularly anything to do with space – but he is not wired to comprehend nuance, innuendo, irony or suggestion. He takes everything literally. Any subtleties of body language or tone of voice go over his head. Naturally, this makes social situations and meeting people incredibly awkward and stressful for him.

This might not sound like promising material for a romance, but the film pulls it off reasonably well. Following his father's death, Adam lives alone in a Manhattan apartment. Egged on by his older friend and mentor Harlan (Frankie Faison), he begins to woo – in his own inimitable way – his attractive, upstairs neighbour Beth.

Naturally, there is scope for awkward situation comedy as the romance follows a bumpy path and Adam is drawn into Beth's social circle. Fortunately, writer-director Max Mayer doesn't overcook these scenes, which constitute the best part of the film. The relationship between Adam and the gruff Harlan is also portrayed with gentle humour and warmth.

As Mayer seeks a credible resolution to his set-up in the second part of

the film, the story gets weaker. A secondary plot, in which Beth's father (a smooth-talking Peter Gallagher) is put on trial for fraud, leads to some rather forced speechifying about the nature of truth. The story feels contrived, but it's not a total disaster. The performances are strong, holding the film together.

Quite different in tone is the documentary *The End of the Line* (31st), which presents an all too familiar story of global fisheries' mismanagement and greed. The vividly shot documentary is based on the book by *Daily Telegraph* environment editor Charles Clover, seen here tracking near-extinct, blue fin tuna to posh London restaurants and lambasting the response of politicians – “you can't negotiate with biology” – when dealing with no holds barred, fishing industry titans like Mitsubishi.

A series of marine scientists concur that, having fished the big stuff out, we're now working our way down the food chain. Eventually, there quite simply won't be any fish left in the sea. On the positive side, Clover, an engaging English gent, suggests that unlike many ecological problems on terra firma, if we act now, by creating marine parks

and policing the oceans properly, we will see an almost immediate improvement in the situation. Canada is well represented, with footage of angry East Coast fisherman following the Atlantic cod fisheries collapse and interviews with Canadian marine biologists, including voices from UBC. Rupert Murray's team brings memorable footage from around the world to connect the dots between consumer tastes and ocean depletion. The film is grimly fascinating and offers prescriptions for better fisheries management.

Rounding off this month are a couple of music documentaries: *Soul Power* (out August 7) is a funky documentary that revisits the music festival that took place in Kinshasa, Zaire (now Congo),

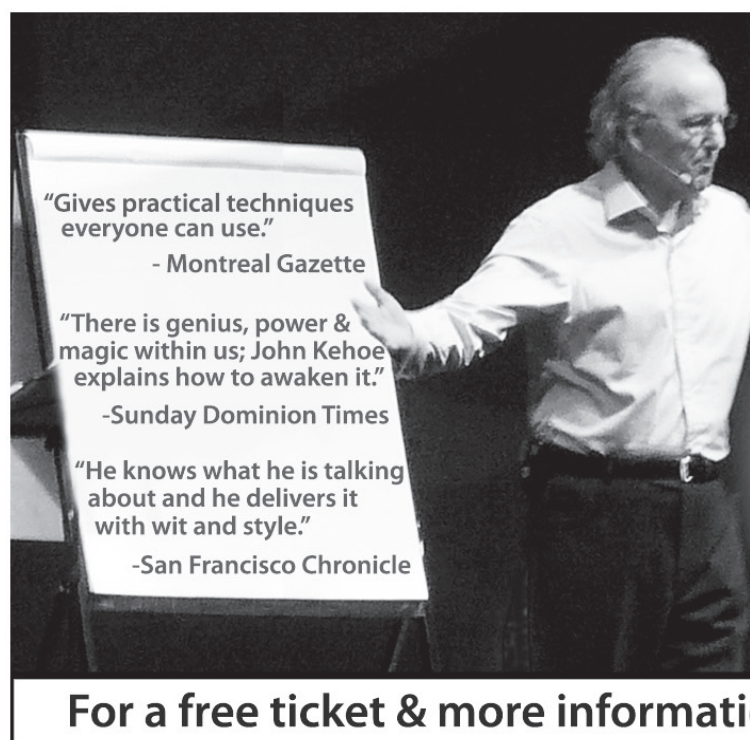
just weeks before the 1974 “Rumble in the Jungle” fight between Muhammad Ali and George Foreman. The film offers more than a dozen performances by musicians at the top of their game, including six songs from James Brown, “the man who will quiver your liver... splatter your bladder... freeze your knees.”

In *It Might Get Loud*, rock'n'roll axe heroes Jimmy Page (Led Zeppelin), The Edge (U2) and Jack White (White Stripes) find themselves together on an empty sound stage sharing stories and cranking out some tunes. (Out August 14.)

Robert Alstead made the Vancouver documentary *You Never Bike Alone*. www.youneverbikealone.com He writes at www.2020Vancouver.com



The End of the Line looks at greed and fisheries mismanagement.

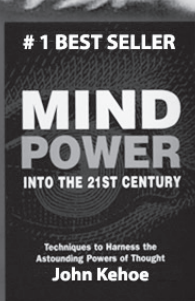


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A day in the life

ON THE GARDEN PATH Carolyn Herriot

ORGANICS

EVER WONDERED what it's like to have a garden overflowing with fruits and vegetables at this time of year? I'll share a day at The Garden Path with you so you can get an idea.

Today, I finished preserving the cherry harvest, which was very prolific this year. We have two cherry trees: a Morella sour cherry and a Stella sweet cherry; the amazing part is that we actually got to harvest most of the fruit before the birds. Apparently, this crop provided enough for all of us.

What does one do with eight boxes of sweet cherries and 11 pounds of sour cherries? I decided on bottling the sweet cherries in a light honey syrup (1:4 honey/water) and pitted the remainder to dry in the dehydrator. Mashed sour cherries are being turned into a cherry liqueur and we have frozen tubs of cherry pie filling and cherry preserves for rice puddings and oatmeal. This gives you something to look forward to in winter.

Now, I am pulling up the garlic so I invited friends to make garlic braids. We tucked lavender, rosemary and bay sprigs into the braids, which make a wonderful gift. Some of the bulbs were smaller than usual, perhaps due to the deep freeze this past winter. Next time, I'd also remove the hay mulch at the beginning of June, as I encountered some mouldy bulbs not being able to dry out after this long, cool spring.

After a shaky start, the prolonged heat in June helped the garden catch up. Right now, I am tying tomatoes onto their stakes and removing the suckers. Cucumber plants, in five-gallon pots and in the garden, are covered with bright-yellow flowers, which means lots of crunchy cukes this year for pickling too. I can tell it's a good seed year; the peppers are pushing out lots of fruit and there are large seed heads on rows of bolting lettuces.

Bags of seeds are drying in the green-

house: forget-me-nots, sweet cicely, aquilegia, chives, salad burnet, rhubarb, Brussels sprouts and Good King Henry spinach. And as their seeds start to mature, I'm keeping an eye on the fava beans, snap peas, arugula, chicory, spinach, parcel, celeriac, watercress and dianthus.

Yesterday, I collected seaweed off the incoming tide after a windy night, so today I mulched the tomato and squash plants with it. Seaweed adds micronutrients, which improve the flavour and health of the fruit.

All fruiting and flowering plants appreciate a feed of seaweed at this time of year; use liquid seaweed (available from garden centres) if you cannot get fresh.

Compost tea is bubbling in a 45-gallon barrel – a swath of

comfrey got fished out onto the compost pile, which was a nose-holding experience after four days. I dumped a bucket of fresh seaweed in to make a super duper brew. To help them get established, I've been feeding buckets of compost tea to plum, pear, apple and nectarine trees that were planted in spring.

Flats of winter veggies are growing behind the house where it's cooler. These were seeded in mid-June and will be ready to transplant by the end of August. The secret to success is keeping seedlings off the ground away from earwigs, slugs and sow bugs that eat them. The cabbage white butterfly lays eggs on the underside of brassica leaves; you'll know if green larvae eat the leaves ragged. One squish with the fingers or a spray with Safer's soap will do them in.

There's never a dull moment. I am off to pick basil for pesto and tomatoes for a salad; another delicious chin-dripping experience is coming up.

Carolyn Herriot is author of *A Year on the Garden Path: A 52-Week Organic Gardening Guide*. She grows *Seeds of Victoria* at the Garden Path Centre. www.earthfuture.com/gardenpath



Rooting berries

Choose 4-6" tip cuttings that are not snappy (wood too mature) and not too flexible (wood too green), but somewhere in-between, about a skinny pencil in thickness. Using a chopstick, insert deep into propagation mix. Keep in a cool place in indirect light until new growth appears. When rooted, pot into a growing medium. Protect for winter. Plant out the following fall.

Propagation mix

Mix coarse, washed sand (\$2 a bucket from a gravel mart) 50:50 with a lightweight seeding mix containing perlite. Moisten.

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Five laws of sustainability

EARTHFUTURE Guy Dauncey

ENVIRONMENT

IT HAPPENS so easily. The oil spill on the driveway you hosed down the drain. The spray-on chemical that found its way into your body. The quick trip to the store that released ancient carbon into the atmosphere.

Every day, we do things that break the laws of sustainability, without being penalized in any way. Our culture may be civilized, but it is not naturalized. Why didn't someone tell us the oil was going to kill the fish?

When our ignorance is fragrant with the perfume of freedom that companies like to use when they lobby governments against creating new laws, it becomes even harder to know what is or isn't okay. We grow up pickled in ignorance about the natural world and we carry that ignorance into our adult life. How many cabinet ministers understand the carbon cycle? How many supermarket managers understand the marine food chain for the fish they sell?

During this century, all this must change, and if we don't change, we'll be toast, butter-side down on the scorching sands of an overheated planet.

Parents will need to demonstrate the laws of sustainability to their children.

such a way that there is no progressive build-up of substances extracted from the Earth's crust, such as heavy metals in the soil, plastics in the ocean or an excess of carbon in the atmosphere. This means we should strive for renewable energy, zero waste and zero emissions from all our activities.

The second law says that we must live, behave and flourish in such a way that there is no progressive build-up of chemicals and compounds produced by society such as dioxins, PCBs and DDT. This means a shift to green chemistry.

The third law says that we must live, behave and flourish in such a way that there is no progressive physical degradation and destruction of nature and natural processes, such as over-harvesting forests, paving critical wildlife habitat, draining wetlands, exhausting the world's oceans or warming the atmosphere.

The fourth law says that we must live, behave and flourish in such a way that all humans are able to meet their basic needs. In the words of Chilean economist Manfred Max-Neef, this means everyone should have access to a subsistence

Future generations will think of sustainability the way most

people now think of justice and human rights.

Schools will need to teach them. Colleges will need to make 'Sustainability 101' a prerequisite for acceptance. Candidates running for political office will need to show that they understand them. Businesses will need to enshrine them in their activities, as the carpet company interface is doing with its goal to become 100% sustainable by 2020. Municipalities will need to build their operations around them – as Whistler is doing.

In my definition, sustainability enables the present generation of humans and other species to enjoy a sense of social well-being, a vibrant economy and a healthy environment without compromising the ability of future generations to enjoy the same.

And what are the five laws of sustainability? The first four derive from The Natural Step, a process developed by Swedish cancer specialist, Dr. Karl-Henrik Robert, used around the world by companies and municipalities working to go green. The fifth law is my addition.

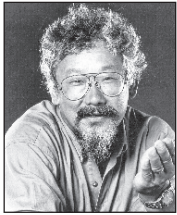
The first law of sustainability says that we must live, behave and flourish in

income, protection, affection, understanding, participation, leisure, creation, identity and freedom. Whatever we do, we must include the needs of humans, for we are part of Nature.

To cap things off, the fifth law states, "If it's not fun, it's not sustainable." In all our work and activities, we must strive to live, behave and flourish in such a way that life sparkles. This spreads joy and reminds us that it is our attitude to life that determines whether we experience it as grumpy or great, miserable or miraculous.

Future generations will think of sustainability the way most people now think of justice and human rights – as being both natural and obvious. The challenge to our generation is to cease breaking the laws as quickly as possible so that future generations of humans – and all other species – will have a chance to flourish.

Guy Dauncey is the publisher of the free, monthly newsletter, EcoNews; sign up to receive it at www.earthfuture.com.



Ecology & economy

SCIENCE MATTERS David Suzuki with Faisal Moola

WE OFTEN point out that ecology and economy have the same root, from the Greek *oikos*, meaning “home.” Ecology is the study of home and economics is its management. But many people still insist on treating them as two separate, often incompatible, processes.

At its most absurd, the argument is that we simply can’t afford to protect the environment – that the costs will be so high as to ruin the economy. But if you don’t take care of your home, it will eventually become uninhabitable and where’s the economic justification for that?

Others argue that the economic advantages of some activities outweigh the environmental disadvantages. This, too, is an absurd argument. A recent post-

Nikiforuk argues in his award-winning book *Tar Sands: Dirty Oil and the Future of a Continent*, this resource could be used wisely to “fund Canada’s transition to a low-carbon economy.”

Instead, industrial interests and the Alberta and federal governments are hell-bent on full-scale liquidation. And so we will end up with some short-term profits and a seemingly healthy economy in exchange for massive environmental damage and the rapid depletion of a resource that may still be necessary for some time to come – along with the negative economic consequences of all that.

Part of the problem lies in the real reason for much of our resource exploitation and industrial activity. Much of it is done not out of necessity but out of

We may need fossil fuels – at least for now – but do we really need them so that one or two people can propel themselves to the grocery store in a massive SUV made from tonnes of metal?

ing on the website Grist.org points to a number of studies and articles showing that many of these activities are not even beneficial from an economic standpoint.

Take coal mining. Research from West Virginia University found that “coal mining costs Appalachians five times more in early deaths as the industry provides to the region in jobs, taxes and other economic benefits.” And, according to Grist, the Mountain Association for Community Economic Development found that “the coal industry takes \$115 million more from Kentucky’s state government annually in services and programs than it contributes in taxes.”

The website also refers to a peer-reviewed study in the journal *Science*, which concluded that logging in Brazil’s rainforests offered only short-term gains in income, life-expectancy and literacy and that the gains disappear over the long term “leaving deforested municipalities just as poor as those that preserved their forests.”

Often, the problem is not so much with resource exploitation itself, but rather with the way we exploit our resources and the reasons for the exploitation. With CEOs looking at quarterly results and politicians looking at three or four-year terms of office, the incentives for long-range thinking are not always clear.

One of the most horrendous examples of this worm’s eye view can be seen in Canada’s tar sands. As author Andrew

a desire for a relatively small number of people to make lots of money quickly. And when the money is rolling in and jobs are being created, the politicians who foster the activities look good.

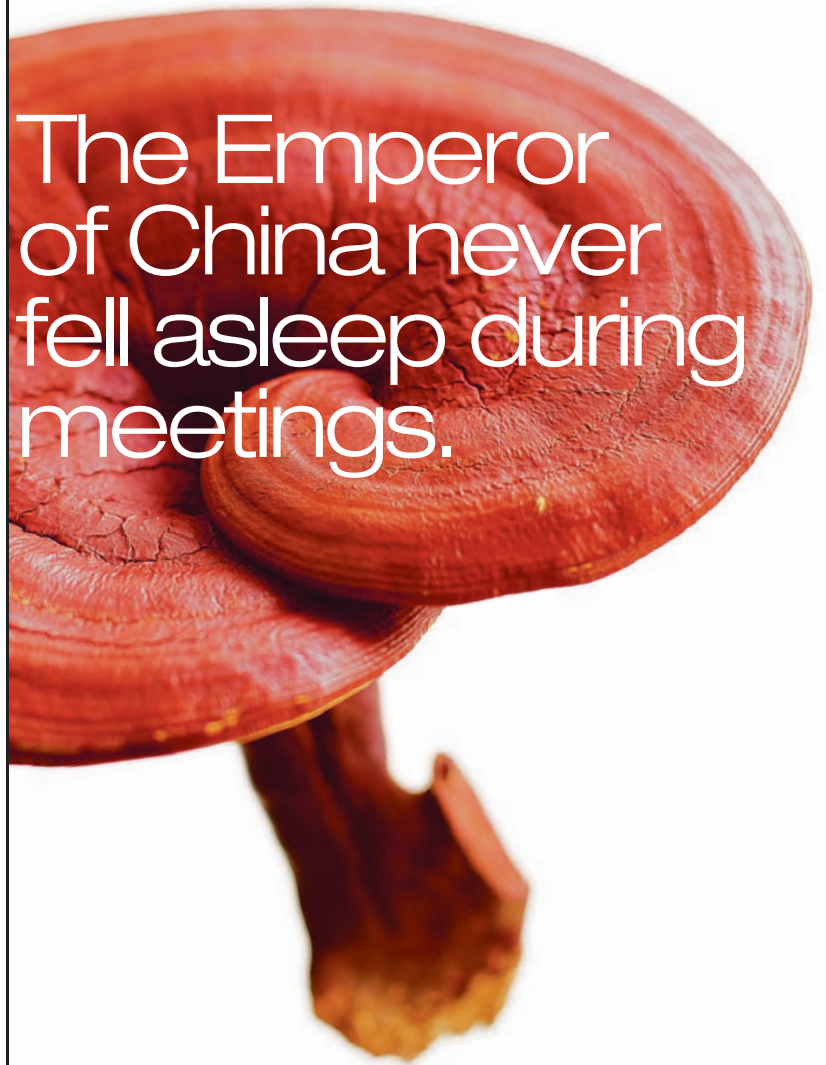
We may need fossil fuels – at least for now – but do we really need them so that one or two people can propel themselves to the grocery store in a massive SUV made from tonnes of metal?

We also see, not surprisingly, that the dinosaurs of the fossil fuel and other industries will go to great lengths to protect their interests. If that means spreading misinformation and outright lies about the consequences of their industries, well, so be it. And even though the scientific proof for human-caused global warming is undeniable, we have the coal and oil industries funding massive campaigns to cast doubt on the science and we have politicians implying that the world’s scientists are involved in some sinister plot – all so we can continue to rely on diminishing supplies of polluting fuels instead of creating jobs and wealth through a greener economy that may save us from catastrophe.

We need only look at recent events in the US to see that the people standing in the way of progress on the environment are often just as ignorant about the economy.

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Integrative energy healing

EDUCATION



Monica Houser (left) with Sascha Holberg and patient Sheila Brown.

Many clients experience transformation where they released trauma often held from childhood.

THE INTEGRATIVE Energy Healing (IEH) Certificate Program at Langara College in Vancouver is actively involved in weaving together the science and research of energy-based healing with its practice. For eight years, this program has worked to offer a three-year certificate program in IEH, which offers an in-depth study of the various Eastern and Western scientific theories underlying energy-based healing. It is also an exploration of the human condition and the practice of different types of energy-based treatments.

Today, the National Institutes of Health (NIH) in the US formally recognizes and encourages the study of energy therapies. The National Center for Complementary and Alternative Medicine (NCCAM) identifies five domains of complementary/alternative medicine (CAM), including the domain of energy medicine. It defines energy therapies as “healing that involves the use of energy fields.” Two types are identified: (a) biofield therapies which are “intended to affect energy fields that purportedly surround and penetrate the human body” and (b) bioelectromagnetic-based therapies which “involve the unconventional use of electromagnetic fields, such as pulsed fields, magnetic fields or alternating-current or direct-current fields” (<http://nccam.nih.gov/health/whatiscam/>).

Over the past five years, NCCAM has focussed its funding on preclinical and foundational inquiry into these two areas to begin to identify mechanisms of

action, to understand the effects and outcomes of these therapies and to explore the nature of provider-patient interaction and relationship that occur during energetic healing.

With this increased recognition and federal funding for energetic healing in the US, there is a growing body of research that supports the use of energetic healing interventions with patients. Several recent publications, including *Energy Medicine* (Oschman, 2000), *Healing Research: Volumes I & II* (Benor, 2001; 2004), *Healing Intention and Energy Medicine* (Jonas & Crawford, 2003), *Energy Healing Experiments* (Schwartz, 2007) and *Synchronized Universe* (Swanson, 2003) summarize scientific findings and theoretical models in the field. NIH/NCCAM’s funding of two exploratory frontier medicine centres in Biofield Science (University of Connecticut and the University of Arizona) since 2001 has increased both capacity and productivity in research about energetic therapies.

Key in the current research process is identifying possible mechanisms of action related to energetic healing process. Dr. Melinda Connor, who recently joined the IEH faculty from the Karen Connor Optimal Healing Research Program at the University of Arizona, has discovered what may become recognized as one of the first mechanisms of action for energy medicine. A Sypris model 4080 Triaxial ELF Magnetic Field Meter has been used to measure extremely low frequency magnetic fields in a range of 0.1 – 511 mG. Reiki practitioners and age-/gender-matched controls have been tested in a series of one-minute hand measures. Each hand was tested in an off/on/off/on sequence. Data demonstrated that oscillations of amplitude were higher than baseline rate when subjects were running the energy. This oscillation of

amplitude at a different rate than baseline was produced by a harmonic of the energy wave induced or directed by the energy practitioner.

This curve shows that Reiki ON (red) produces more oscillations in milliGauss readings per minute than Reiki OFF (blue). This effect replicates across hands (left-right) and trials. More than 150 practitioners have been tested as of spring 2009 and the significance of the data has remained the same.

Ruth Lamb, one of the founding members of the IEH program, conducted her clinical research in the area of healing, viewing it as a transpersonal-spiritual as well as mind-body practice. Lamb defined IEH as “a subtle-energy, intentional, therapeutic modality that... focuses on multi-dimensional physical, emotional, mental and spiritual aspects of healing,” adding, “IEH helps to restructure the human subtle-body energy field towards higher levels of coherence.”

What this essentially means is that IEH treatments help to balance the energy field.

In this research, 12 graduates of the IEH program provided treatments to inpatients in an acute addiction treatment centre. Through this process, healing was initiated on a physical, emotional and spiritual level. Numerous clients experienced transformative experiences where they released trauma often held from childhood. The physical body and energetic cellular structure were addressed, as were the emotional, mental and spiritual aspects of a life lived on the edge of suicide. The aim with these individuals was to facilitate a new way of being. In many cases, individuals were able to emerge from the series of treatments with purpose. This included a spiritual healing-learning view of daily existence. They were able to tap into latent potential and find a way to re-pattern their life with new meaning.

Linda Turner, coordinator of the IEH program, is currently involved with studying the meridian system of the body. The meridian system is the path that carries the qi energy through the body. She is comparing the meridian system of people who suffer with chronic pain from rheumatoid arthritis to that of individuals who are pain-free. According to the theory of Traditional Chinese Medicine, when there is a blockage in the qi flow through the body, it results in the development of a physical illness. Once this qi flow has been corrected, theoretically, the physical illness should be able to correct itself.

One of the problems in measuring the results of energy-based healing is that there has been no reliable way to measure the qi flow in the body before and after energy-based healing. Toward this

end, she is testing an ohmmeter from Germany called the Prognos that purportedly measures the meridian system and is able to detect energy blockage before it has manifested in a physical illness. If this machine proves capable of differentiating between an energy field of a person with pain and one without, it will provide a possible way to scientifically evaluate the results of energy-based healing modalities as well as other forms of complementary therapies. (If you have had rheumatoid arthritis for five years and suffer from pain, you may participate in this study. Please call Linda Turner at 604-306-1810 for details.)

There is incredible potential now for the development of the science that underpins the use of energetic healing therapies with patients. There are also unprecedented opportunities to explore both the basic mechanisms of energy healing as well as the human response to these therapies. Scholars and providers are key in the development and translation of these programs of research. We encourage you to explore and become involved in this developing science.

Currently, we have several hundred graduates of the IEH program and alumni who have been contributing to an international health promotion project in India. This is a time of paradigm change in healthcare and a new view of health and healing is emerging.

This article was co-written by Melinda Connor, PhD; Ruth Lamb, PhD (c); and Linda Turner, PhD (c).

Energy-based healing talks & treatments at Langara College

Langara College sponsors two speakers on energy-based healing:

Dr. James Oschman presents “Energy Medicine, Fundamentals and New Breakthroughs,” Sat. Oct. 10, 9am.

Dr. Daniel Benor teaches a two-day course on WHEE (Whole Health - Easily and Effectively), an energetic healing modality, November 12-14.

For more on these speakers, and the Integrative Energy Healing Program, visit www.langara.bc.ca/health-human/integrative-healing/courses.html. If you would like an integrative energy healing treatment, students offer free sessions in the following locations starting in September:

- 1) Langara College every second Friday, 12-4pm. Call 604-875-4118.
- 2) Vancouver General Hospital Wellness Center, every second Tuesday, 6-10pm. Call Bett at 604-875-4118.
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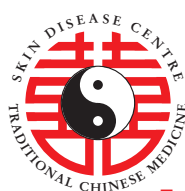


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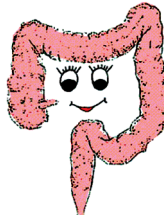
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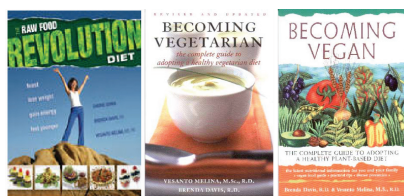
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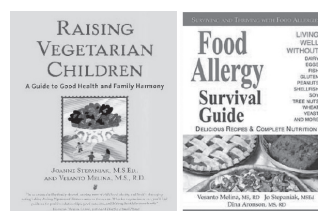
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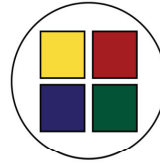
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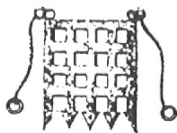
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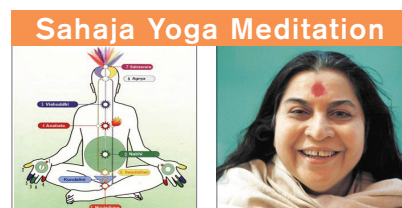
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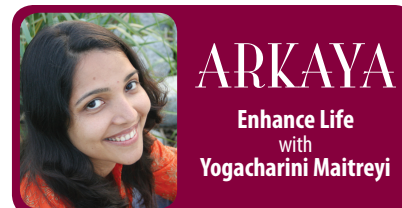


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...Swine flu - from p.4 stated quite succinctly that, in the past, the production of flu vaccines have been highly unprofitable and most companies producing such vaccines pulled out of the US a long time ago. But it looks like for Pharma, the H1N1 virus is turning out to be a real pig for profit.

GlaxoSmithKline is currently reporting a 14 percent increase in its value of vaccine sales, including a worldwide order of 195 million doses of its pandemic flu vaccine. And here in Canada, our government has a contract with GlaxoSmithKline to purchase the vaccine. Interestingly, Glaxo owns a flu vaccine plant in Ste. Foy, Quebec, reportedly capable

of producing 3.5 million to four million doses every week. A recent *CBC* report states that the federal government has already purchased 50 million doses of TamiFlu, which may or may not be of any benefit.

In the US, the National Biodefense Safety Board has recommended that the pandemic swine flu vaccine should be fast-tracked, with vaccinations starting in mid-September – soon after schools open. But as senior medical writer Daniel J. DeNoon from WebMD Health News has noted, "Getting swine flu vaccine by September means skipping all but the most preliminary clinical tests of vaccine safety and effectiveness."

Washington, D.C.-based investigative journalist, author, and syndicated columnist Wayne Madsen notes, "In addition to the money to be made from the vaccines that will be rushed to market without adequate safety trials this fall, GlaxoSmithKline, which manufactures Relenza, and Roche, which manufactures Tamiflu, are already raking in the money and will make billions more as orders for these two antivirals continue to come in from around the world."

While Big Pharma rushes to produce a vaccine, according to some health experts, soap and water may be just as effective in preventing the disease. But that's not great news for the pharmaceu-

tical giants. Soap and water aren't going to make them any money. They would much rather you succumb to the threat of death from this so-called pandemic and line up for your shot.

References:

- www.ctv.ca/servlet/ArticleNews/story/CTVNews/20090727/swine_vaccine_090727/20090727?hub=Health
- blog.fortiusone.com/2009/05/05/data-set-of-the-day-swine-flu-vs-the-regular-flu/
- www.cdc.gov/
- www.fightflu.ca/
- www.voanews.com/english/2009-07-28-voa44.cfm

Letters

Praise for questioning authority

I read Joseph Roberts' *Writing on the Wall* [July 2009] and couldn't agree more. I wanted to send my sincere thanks and kudos for all the great articles and information you send out in *Common Ground*. You are correct in blaming the mass media for being a big part of the problem that we are in globally. As our provincial government works to destroy this beautiful province, yours is the only honest coverage we get. Gordo is laughing all the way to the bank as he sells our rivers and our water to US corporations. It is nothing less than criminal, yet most of the province doesn't even understand it is happening, let alone fathom the serious problems it poses for our future. Thankfully, however, the winds of change are blowing and people are starting to think and to ask important questions. Keep up the good work and though we might not take time very often to let you know, we truly appreciate all you do for the greater good.

— Laura Dupont, Port Coquitlam, BC

Few see what's coming

You are right on target when you said, "You name it, land, water or air, massive corporations make a profit from screwing it up." You should have included our well-being. As Alan Cassels has documented, massive corporations have hijacked our so-called health care plans and now profit handsomely from actually making us sick.

I assume you have read *The Shock Doctrine* by Naomi Klein (www.naomiklein.org, video.google.com/videoplay?docid=-4231109320246838401). If not, I encourage you to do so ASAP. What is unfolding in front of our very eyes is all part of a well-structured plan. The current massive debt load Canada and the US are incurring is part of a corporatist initiative that will ultimately rationalize privatization of all public resources as the only way of avoiding bankruptcy. The irony is that the massive corporations will use the bailout money our governments handed them to buy our resources. The problem is that few see what is coming down the pipe at us.

— David MacPhail

Government back-stroking in land protection promise

Further to the letter in your previous issue by Eva Lyman [*Fish out of Water*, July 2009], we have just discovered that the new legal firm hired by our regional district has advised that, in fact, there is no legal avenue we can discover to protect this spawning ground. We feel we are pushed into the position of having to resort once again to public protest. It is

patently unacceptable and a demonstration of contempt for the electorate that we have made the effort to elect officials to represent us, who are enjoying a monthly paycheck to do what we must find time, out of our own busy schedules, to do for no pay. These paper pushers who work in offices under the pretence of protecting the environment, public health, fisheries,

This is not a political issue. It is not a local issue. It is a survival issue for the rivers, bears, fish, eagles and orcas. These red fish in the arteries and veins of this Earth are the blood cells bringing health and life to all connecting waterways. There is only one solution I can think of now that they have failed to act within a reasonable time and that is the

.....
Gordo is laughing all the way to the bank as he sells our rivers and our water to US corporations.
.....

even tourism – and, in particular, our own regional government – should not be paid for work not done and should be removed from office, just as anyone else would be for demonstrating lack of capacity to fulfill their duties. We must re-write the 'Right of Recall' and fire these phonies.

We are calling on all readers of *Common Ground* and all of their friends and families to contact the federal fisheries with strongly worded letters of protest for lack of attention and action to protect the largest and most important Sockeye run in Canada. We also need phone calls and or letters to local MLA George Abbott: 250-386-9076, George.abbott.mla@leg.bc.ca with a cc to northshuswap@yahoo.ca

expropriation of this 30 or so acres to fulfill the pre-election words of our politicians, who said publically there was an intention to buy the land and add it to the provincial park next to it.

I was excited and motivated by your words, Joseph Roberts, in your article *Who Gave You Authority to Question Authority?* As you point out, it is now or never to get this mess cleaned up, the truth out and replace MM [mass media] with journalism that represents planet Earth and all her beautiful and endless gifts of life.

— Patricia White, local resident; member: SWAT, Shuswap Lake Coalition, Adams River Alliance

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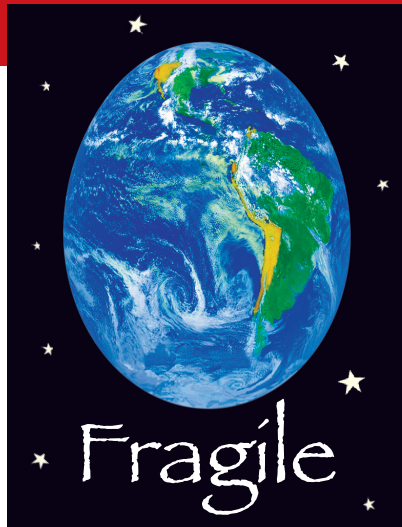
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AUG 6

Meditation for Planetary Peace on the Full Moon, 7:30 PM. 2950 Laurel St, Vancouver.
www.pranichealing.ca/vancouver.htm

AUG 8

Shamanic Drumming & Dreaming Circle: Sat. 7-10pm. "Dreamtime Journeywork." Insight/healing with your Nature Spirit guardians. At Vancouver Multi-Cultural Society, 1254, W. 7th. Donation. Earthsong Healing Circles. 604-418-9636.
www.shamanichealing.info

AUG 9

Raw Food Level 1 Chef Certification! Our fundamental course teaches how to go raw and make delicious meals! 8 course meal provided! 6:30-9:45pm, \$150 Call 778-839-8424.
www.rawfoundation.ca

AUG 17

Raw living foods workshop (and evening lecture) with Brian Clement, director of the Hippocrates Health Institute. Workshop 10-5pm, \$97 (includes lecture); lecture 7-9pm, \$25/advance, \$30/door, Unity of Vancouver, 5840 Oak St. Tickets at www.consciouslivingradio.org/page141.htm Hosted by Dynamic Health www.dynamichealthradio.info and Conscious Living radio www.consciouslivingradio.org

AUG 20

Teen Journey 7-9.30 pm, Unity of Vancouver, 5840 Oak St. FREE Evening of fun, creation, education & inspiration. Find out how YOU can become a part of the community inspired to help teens with transition to adulthood. More details - <http://TeenJourney.org> or call 604-780-3400

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www.rawteacher.com/missjanice

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www.rawteacher.com/missjanice Call 778-839-8424.

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Teen Journey is a powerful and fun-filled experiential camp for 13-18year-olds, led by young assistants and amazing international leaders. 8 life-changing days at Zajac Ranch, Mission, BC. Sign up today at www.TeenJourney.org 604-435-5555.

SEPT 5

FaerieStar Chakra Circle: Four year program.

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www.faieriestarchakras.webs.com

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3pm. www.vanyoga.com

SEPT 13

Nature of Mind DVD Dialogue Series: Tape 3 of 4 Krishnamurti-philosopher, Bohm-physicist, Hidley-psychiatrist, Sheldrake-biologist. 4PM. Planetarium. \$5. 604-734-7774.

SEPT 14-15

Mind Power Seminar with John Kehoe: 7:30-10

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SEPT 11

Healthy Snacks! Learn which snacks to eat between meals for increased energy, metabolism and overall health. Many ideas and raw food recipes re what to pack in your lunch, or your child's lunch everyday! Delicious Snacks Provided! 630-9pm, Investment \$75. Call 778-839-8424.
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SEPT 11-13

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SEPT 11-14

Dr. Richard Bartlett in Vancouver - Matrix Energetics Levels 1 & 2: The Science and Art of Transformation, 1-800-269-9513.
www.matrixenergetics.com

SEPT 12

Vancouver Yoga in Daily Life Center hosts an Open House. Free Yoga classes at 10am, 12:30pm and

PM both nights. Empire Landmark Hotel, 1400 Robson Street. Tickets \$40/door. Limited seating. For a free ticket & info, book online at www.learnmindpower.com

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Guadalajara, Mexico: THE "RESULTS GUARANTEED" Certification Program. The "Results" Retreat forms a bridge between ancient truths and modern discoveries. Experience the art and science of true healing. www.healingnow.com sacredjourneys22@aol.com 604-569-4733.

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SOS (Science of Spirituality): See Resource Directory listing in Spiritual Practices for schedule in Richmond, Vancouver & Victoria. 604-277-1247. All Welcome. www.sos.org

TUESDAYS

Reflexology Student Clinic 6 – 10pm One hour sessions \$18. By appointment only. Pacific Institute of Reflexology (604) 875-8818 www.pacificreflexology.com

WEDNESDAYS

Hawaiian Medicine Circle 7pm Hawaiian guided meditation, Sharing the Aloha, tea and snacks. \$10 donation. At Hale Ola, 1215 Madison Avenue, Burnaby. 604-431-7474 Call Kamu Kaimana.

FRIDAYS

"Destiny Dialogues" Free Talks First Friday of each month, experiential evening that explores the inter-connections between destiny and suffering, relationships, vocations, joy, teachers, character, nature, family, dreams. 7-9pm. 604-317-1613.

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SILENT MEDITATION TO THE SOUND OF OM: Every 2nd and 4th Friday of the month. (This month - August 14th and 28th.) 7:30-8:30pm. Vancouver Sai Baba Centre, 1659 East 10th Avenue. (1/2 block west of Commercial Drive.) Everyone welcome. Free. No donations.

RETREATS

BUDDHA RETREAT: "Let Your Spirit Soar" the Buddha Way. 9th Annual Buddha in the Park, Info: www.penlan.com Phone: 250-710-7594.

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...Independent Media from p. 12

open and fully citizen-based in the first place. The CRTC seems to be evolving as a result of public pressure, albeit slowly, and one suspects its decisions will ultimately be all the better because of it.

It's clear that Canadians are sick of decisions being made in their name that are not reflective of their interests. We're not waiting for the government to figure this out. In the future, you can expect government agencies and institutions to be confronted with these issues over and over again, provided we have an open communications system that we can use to self-organize.

An open communications infrastructure is an essential component in this

evolution of citizenship and government relations. How appropriate then that the first wall to break down should be the one between the communications regulator and the public.

*Canadian Radio-television and Telecommunications Commission

Steve Anderson is the national coordinator for the Campaign for Democratic Media. He contributed to Censored 2008 and Battleground: The Media, and has written for The Tyee, Toronto Star, Epoch Times and Adbusters. Reach him at: steve@democraticmedia.ca www.FacebookSteve.com www.SteveOnTwitter.com

...Eating that Heals from p. 11

language for the cells – the way the cells communicate, and that's important. These chemistries have to be available and the only way we have an ongoing reserve is by eating foods that have them in it. And the only foods that have the hormones your body receives are raw, vegan foods. Once you cook the food, the hormones are gone. If you don't get enough hormones, which obviously, most of the people listening today do not, you're going to age prematurely and your brain is not going to function. And what would happen, for instance, if I'm a cell and you're a cell listening today and I say to you in a very loud voice because I have enough hormones, "Let's go become a liver" Well, then we'd both go become a liver and have a healthy liver. But what happens if I don't have enough hormones? The cell would say, "I can't communicate clearly." And now the cell wanders off and doesn't become a liver and then the liver becomes weak. Furthermore, the cell may mutate and become cancer.

The second thing you get with living, vegan food is oxygen. Now, this is interesting. We've known since 1917 that, to digest proteins, vitamins and minerals, you need oxygen to be present. The only time you have oxygen present with them is in raw food. Once you cook a food, the oxygen leaves it. As a matter of fact, the fragrance you smell when a food is cooking is oxygen molecules leaving. So when you're cooking food, put your head over the pot, don't get burned and huff deeply and heavily. You're going to get the best thing out of that.

The next one we've only known about for half a century. Inherent in all raw, plant-based foods there's something called phytochemistry or phytochemicals. These phytochemicals, we've discovered, are the most important discovery in the field of nutrition. They have elements that nature put there from plants that started millions and millions of years ago to prevent and eliminate disease. When they started to do this research, it completely validated

ed – and made even myself and other scientists working on this understand – how this program really works. They discovered the foods that have the most phytochemicals are sprouts – things like wheatgrass and all the other sprouts. The phytochemicals not only prevent and eliminate diseases you have within you, but they also prevent the premature aging process. That's why none of us who live this way and exercise and do all the other things we need to do ever age the way the 'normal' – which is abnormal – population does.

Lastly, you get enzymes and this goes back to the electric. If you're a doctor or a nurse or a chemist, you're going to be taught that an enzyme is a protein, which it is. But that's only a small part of the story. It's a very unique protein – the protein that carries electric into the body. Since your body is first and foremost bioelectric frequency, we have to ask the obvious question, "Where do we get the ongoing electric from?" Well, you can get it from raw, organic, vegan food. Once you cook the food – even vegan, cooked food – the enzymes are gone; the phytochemicals are gone; the oxygen is gone and the hormones are gone. When you reverse that, there's hope. And the 21st century understanding of nutrition is what I've just explained to you. You get the hormones, oxygen, phytochemicals, and enzymes. They are the most essential and elemental part of human nutrition that you can only acquire from raw, organic, vegan food.

A: And the absence of these leads to all kinds of diseases?

BC: Absolutely. And its presence, as we've seen here – clinically with hundreds of thousands of people – reverses those problems.

Allart is the producer and host of the "Dynamic Health" radio program, which airs live every Wednesday, 1-2 pm on Co-op Radio, CFRO 102.7 FM. The rest of the April 8/09 Brian Clement interview and all past programs can be heard on www.DynamicHealthRadio.info.



On Track Zodiac

AUGUST 2009 Adrien Dilon



ARIES (Mar 21 – Apr 19)

A conflict you didn't see coming might disrupt your ideas and plans. Someone or something could become intolerable and you may find yourself eliminating anything that doesn't serve your higher purpose. You want to jump right into things, unfettered and free. Liberation is fast approaching.



TAURUS (Apr 20 – May 21)

While you may want to reap the benefits for that which you so carefully toiled in recent months, your efforts may have produced less than you hoped for. Now, the key word is serenity. Maintaining your composure will light your way through the tunnel.



GEMINI (May 22 – Jun 20)

You are more forthright and energetic than usual. You want to verbalize all your needs, especially those of a physical nature. If you aren't partnered up, you will want to display that kind of attention to someone. You will be communicating your desires and radiating the nature of Eros.



CANCER (Jun 21 – Jul 22)

You could very well be feeling dynamic and enterprising. You might feel compelled to be generous to your loved ones and make bold statements in creative ways. You want to parade your love and affection; you feel as though you are glowing from within.



LEO (Jul 23 – Aug 22)

Don't run head first into making any decisions. The tide may turn just in time to create a 'no turning back now' scenario. If you can, sit with any impatience, wrestle it to the ground and give way to chance and present circumstance. Letting go brings a fortunate outcome.



VIRGO (Aug 23 – Sep 22)

As you analyze things before you acquiesce, your high standards will ensure that your career and personal life are compatible. You feel you will be in the right place at the right time. Your ideals are not simply apparitions and phantoms; they are made real by your clarity.



LIBRA (Sep 23 – Oct 22)

Your inner strength may be tested along with your ideology of who and what you are. Even strong personae may go through an upheaval of sorts. You may face some very personal challenges about your direction in the coming months and years. Sudden bursts of mental energy will make things clearer for you.



SCORPIO (Oct 23 – Nov 21)

Do you find people to be somewhat confusing, leaving you perplexed? There is a need to scrutinize the intentions of others. There could be a gulf between what is real and what is imagined. Although you need not put your guard up, you might want to wake up your intuition.



SAGITTARIUS (Nov 22 – Dec 21)

You will rekindle a love affair. This person was your best friend and confidant and you had forgotten the great happiness and blessing they once brought you. This reappearance will gently touch your heart and the laughter soon begins. You are being reacquainted with yourself.



CAPRICORN (Dec 22 – Jan 19)

Perhaps doing too much for others caused you to suffer a bit of burnout. There is a multitude of healing pathways to call upon as you reconnect with your emotional needs and move beyond any negativity. Frankincense and myrrh are not only for Christmas. Gently praise yourself.



AQUARIUS (Jan 20 – Feb 19)

What doesn't heal you makes you bolder. You are determined to lift yourself to loftier heights and this is within your grasp. You might be tired of making so much lemonade with all the lemons you've been receiving; you're in for a sweeter time.



PISCES (Feb 20 – Mar 20)

You may be feeling the desire to expand, branch out and experience more. Increased reflection, review and self-definition are nigh. Your chosen path may be paved with good intentions, but it might not fit who you imagine yourself to be. All is not lost, however; you develop a unique awareness.

Adrien Dilon is a clairvoyant consultant and author with 34 years of experience in astrology, multi-media art and healing, adrien.dilon@gmail.com.

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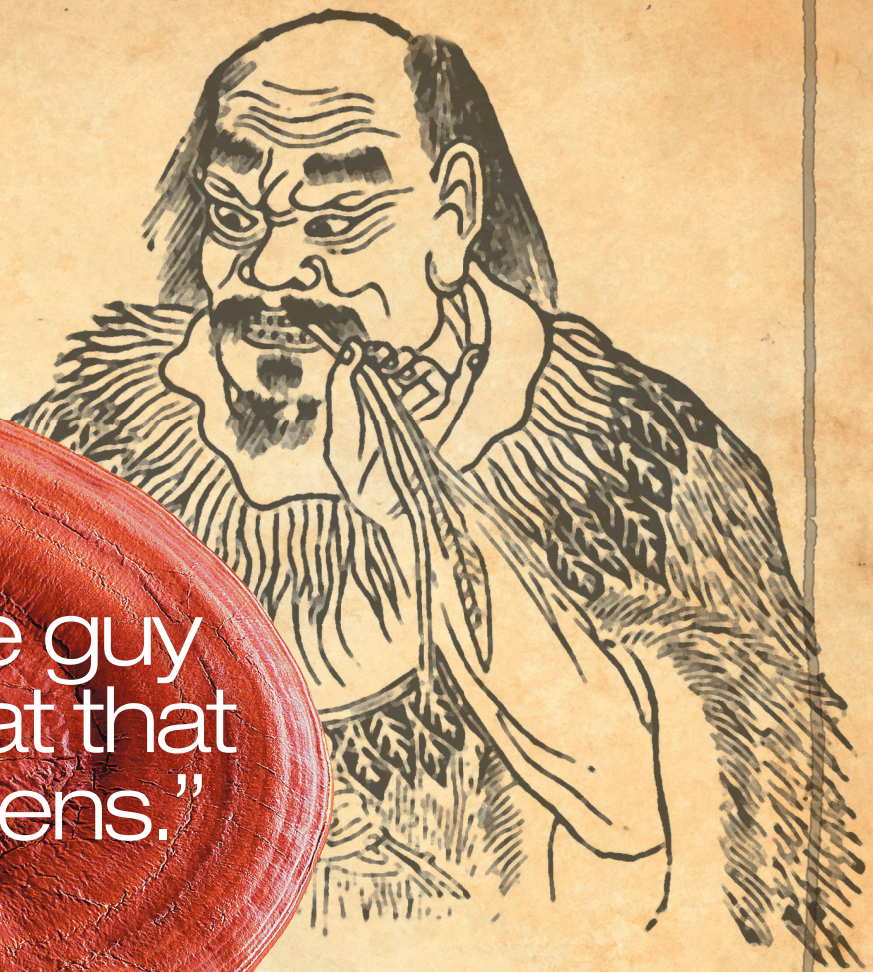
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Naseem Gulamhusein, Yoga Teacher Training Program Coordinator

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